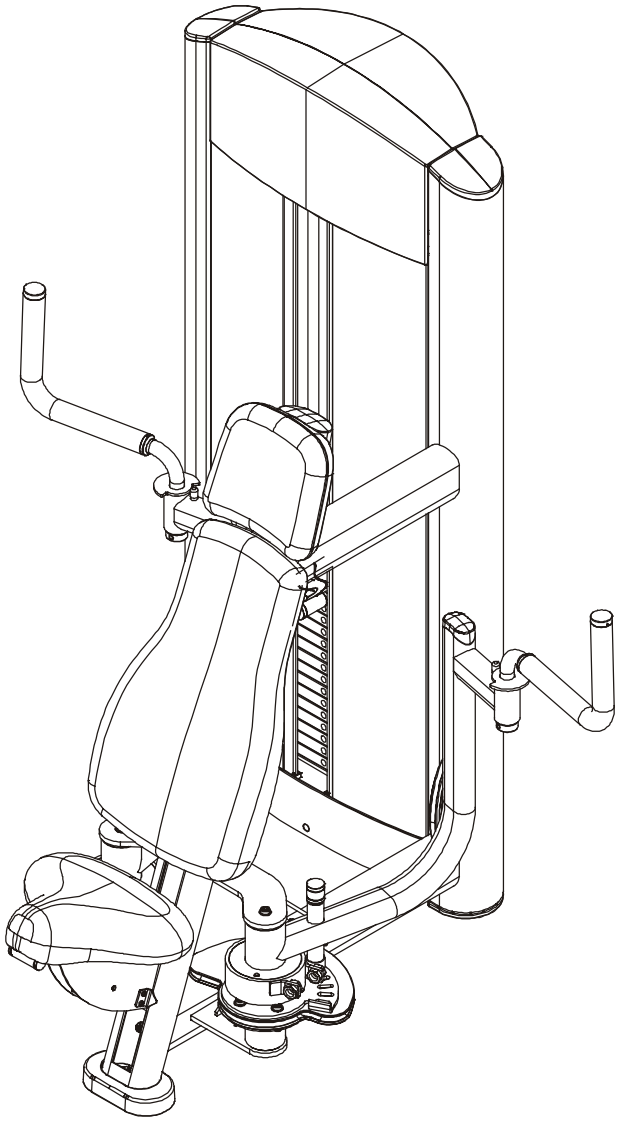
LifeFitness

SIGNATURE SERIES
FLY ASSEMBLY



Customer Support Services
PARTS MANUAL

FZFLY FLY ASSEMBLY

Notes:

FZFLY FLY ASSEMBLY
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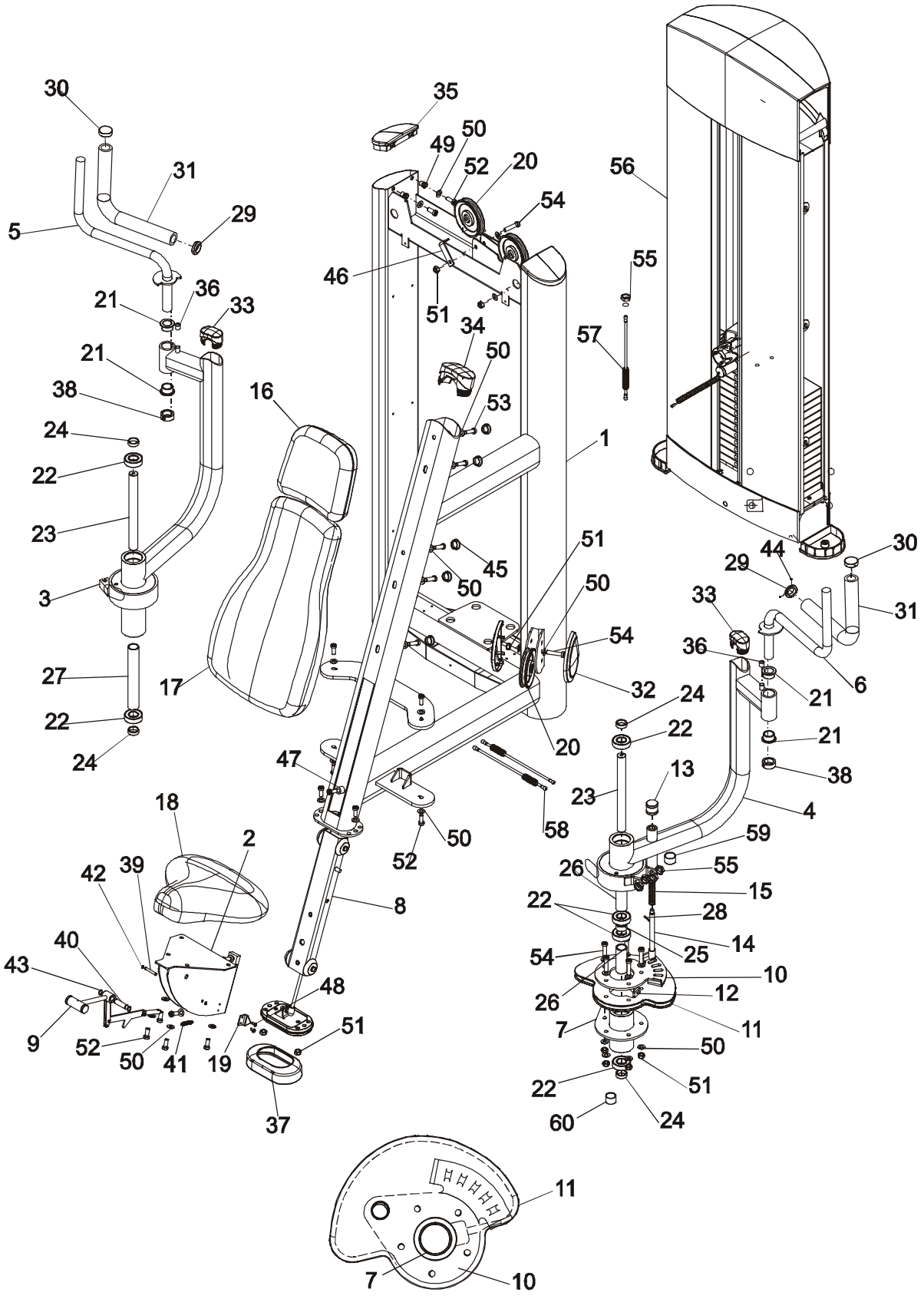
FZFLY FLY ASSEMBLY

COMPONENT ASSEMBLY



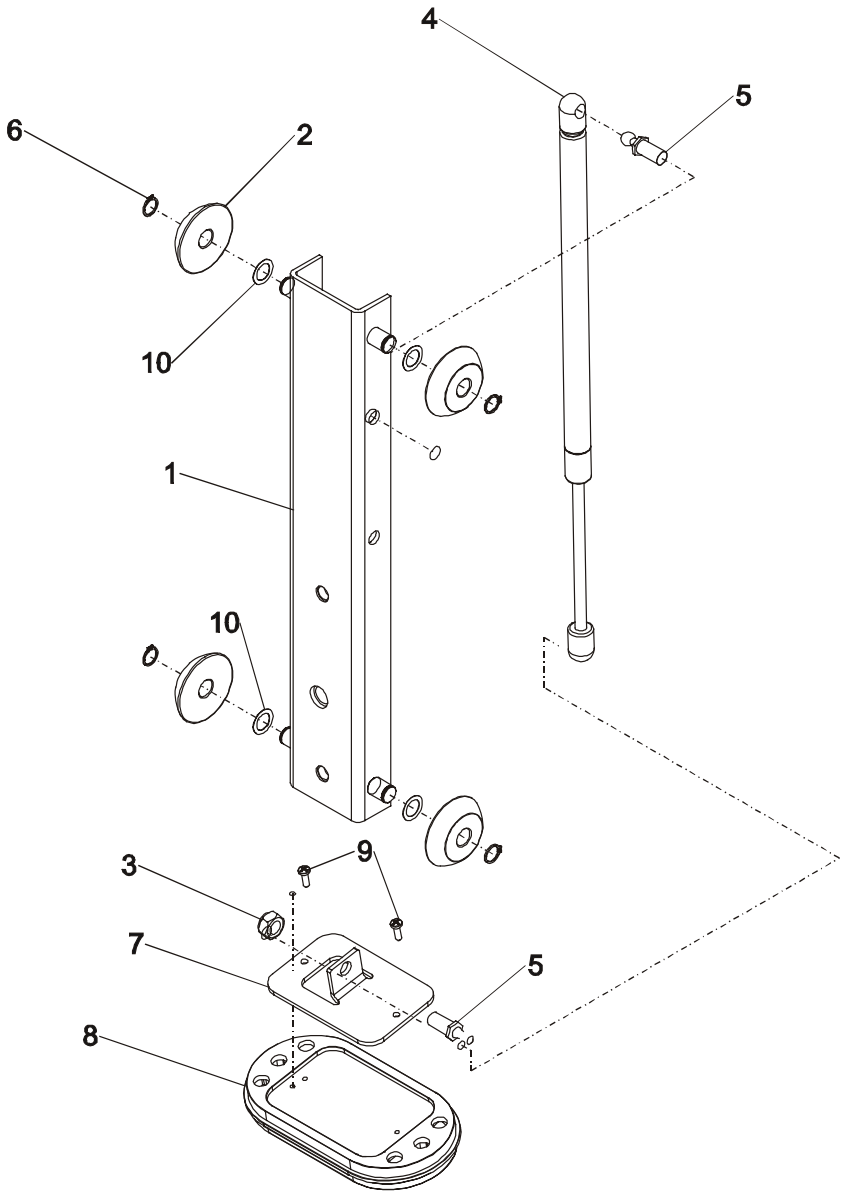
FZFLY FLY ASSEMBLY

COMPONENT ASSEMBLY CALLOUTS

ITEM NO.	QTY.	PART NO.	DESCRIPTION	ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	RMA	WLDMT, FZFLY FRAME	31	2	3235802	GRIP, 1.00 ID X .25 X 17.50
2	1	7330501	WLDMT, FZ SEAT SUPPORT	32	2	7333601	COVER, PULLEY- PARTIAL
3	1	7485801	WLDMT, FZFLY PRESS ARM - RT	33	2	7333801	CAP, SMALL FLOV- END
4	1	7485901	WLDMT, FZFLY PRESS ARM - LT	34	1	7333901	CAP, LARGE FLOV- END
5	1	7486001	WLDMT, FZFLY HANDLE - RT	35	2	7326201	CAP, D-TUBE - TOP
6	1	7486101	WLDMT, FZFLY HANDLE - LT	36	2	3238501	CAP, 1/2 X 5/8
7	1	7486901	WLDMT, FZFLY PIVOT HSNG	37	1	7419601	COVER, FOOT-20 DEG.
8	1	7670501	ASSY, FZ SEAT CARRIAGE	38	2	7435301	1" ID SHAFT COLLAR BORED .020
9	1	7287401	ASSY, FZ ADJUSTER HANDLE	39	1	7407502	PIN, LINK
10	1	7487101	BRKT, CAM - TOP	40	1	7331701	SHAFT, PIVOT X 1.580
11	1	7487201	CAM, FZFLY	41	1	3239201	SPRING, EXT, .375 X .049 X 2.00
12	1	7342201	PLATE, CABLE END	42	2	3232401	RING, RETAINING, EXTERNAL
13	1	7424801	KNOB, POP PIN	43	2	3232409	RING, RETAINING, EXTERNAL
14	1	7487301	PIN, SPRING - RATCHET	44	8	3237201	M3 X .5 HXS NO CUP ST BO
15	1	7351501	SPRING; PULL PIN LARGE	45	5	3237403	PLUG, 1" HOLE
16	1	7474301	PAD, HEAD REST	46	1	6757701	CLIP, CABLE 2-7/8 X 1 X 1
17	1	7474101	PAD, LARGE BACK	47	1	7385202	SPACER, .406 X .750 X .688
18	1	7297101	PAD, SEAT SADDLE	48	2	3239101	SCREW, M5X10 PHL PAN TT ST
19	1	7425295	BRKT, SEAT INDICATOR	49	4	3238601	M10X1.5 BLIND THREADED INSERT
20	3	3237801	PULLEY, 4.5" OD	50	36	3236601	WASHER, 3/8 SAE SS
21	4	3104903	1.00" ID 1.25" OD BRONZ BUSHING	51	10	3236801	NUT, M10 HEX NYLOCK SS
22	6	3235601	BEARING, 6205 BALL	52	17	3236202	SCREW, M10 X1.5 25MM
23	2	7316506	SHAFT, 25MM X 10.331	53	5	3236204	SCREW, M10 X1.5 35MM
24	4	7330001	SPACER, INTERNAL X .403	54	8	3236206	SCREW, M10 X1.5 45MM
25	1	7330002	SPACER, INTERNAL X .653	55	5	3236902	NUT, M16 X 2 HEX JAM SS
26	2	7330003	SPACER, INTERNAL X 3.265	56	1	7420401	ASSY, MID TOWER-14
27	1	7330008	SPACER, INTERNAL X 8.364	57	1	7423716	CABLE, FZFLY 128-1/4
28	1	3110010	ROLL PIN, 1/8 X 7/8	58	2	7573702	CABLE, FZFLY 29-1/2
29	2	7315602	RING, GRIP	59	1	7481202	BEARING, M28 X M33 X M20
30	2	7306902	RING, GRIP 1.50 OD	60	1	7481201	BEARING, M25 X M30 X M20

FZFLY FLY ASSEMBLY

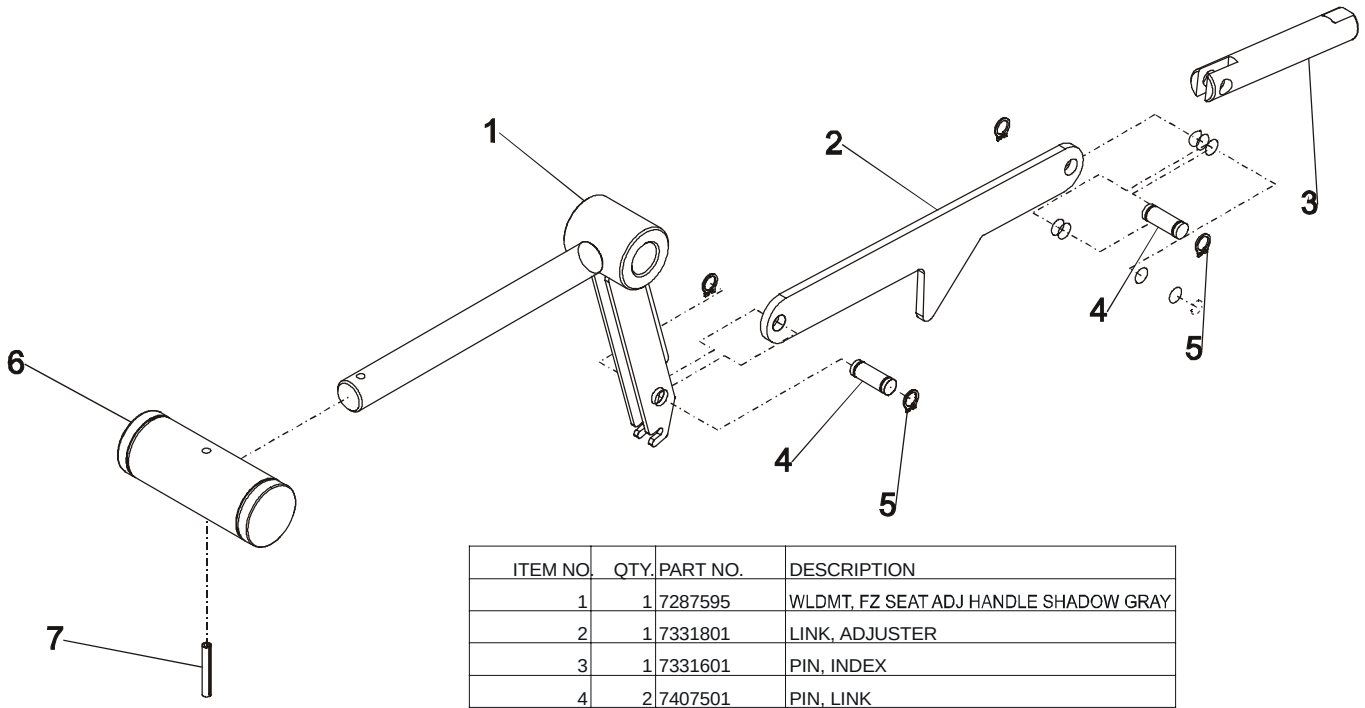
SEAT CARRIAGE ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7331001	WLDMT, FZ SEAT CARRIAGE
2	4	7331501	ROLLER, SEAT CARRIAGE
3	1	3235702	SPRING, GAS 100N
4	2	7414301	STUD, M10 BALL END M10 X 1.5
5	4	3232409	RING, RETAINING, EXTERNAL
6	1	7339401	BRACKET, GAS SPRING
7	1	3236801	NUT, M10 HEX NYLOCK SS
8	1	7334001	FOOT, 2.50 X 4.49 FLOV
9	2	3241201	M4 PHL PAN F ST ZN
10	4	3243801	WASHER, .500 X .750 X .010 SHIM

FZFLY FLY ASSEMBLY

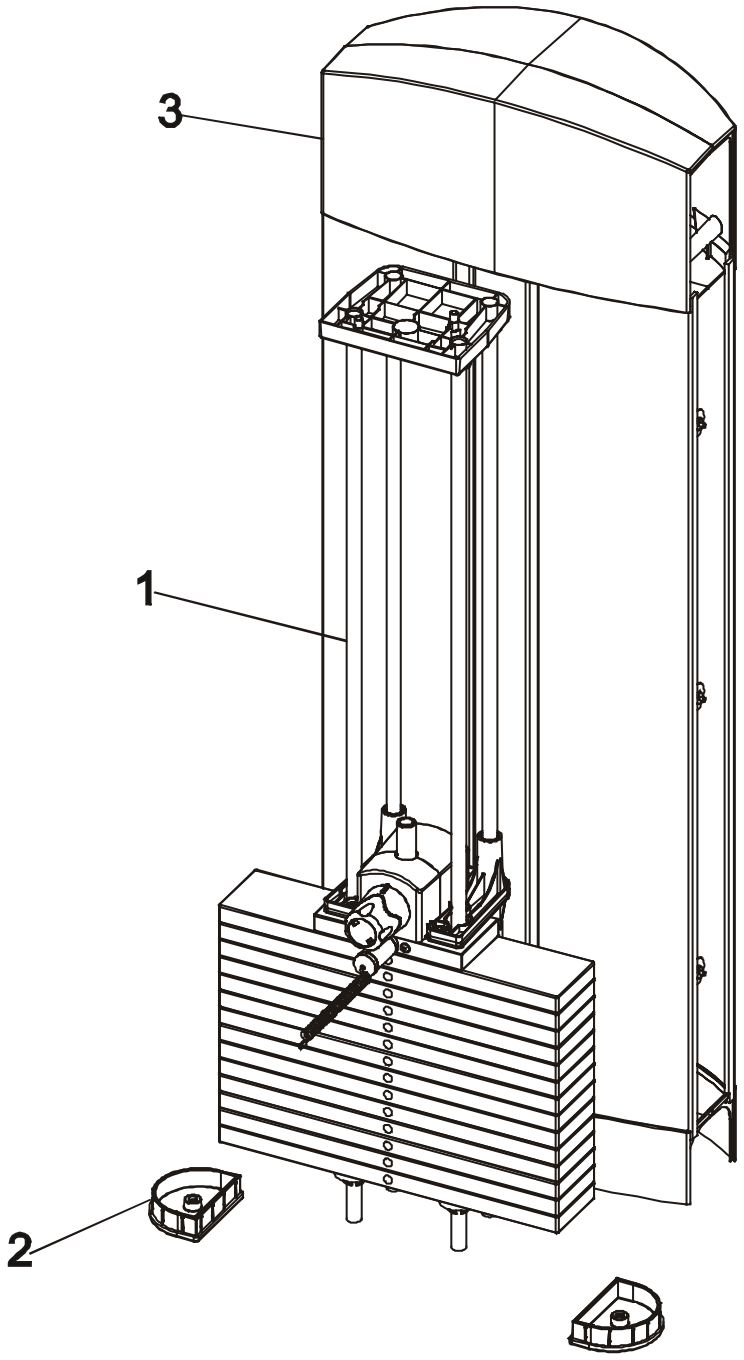
ADJUSTABLE HANDLE ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7287595	WLDMT, FZ SEAT ADJ HANDLE SHADOW GRAY
2	1	7331801	LINK, ADJUSTER
3	1	7331601	PIN, INDEX
4	2	7407501	PIN, LINK
5	4	3232401	RING, RETAINING, EXTERNAL
6	1	7287901	HANDLE, ADJUSTER
7	1	3110010	ROLL PIN, 1/8 X 7/8

FZFLY FLY ASSEMLBY

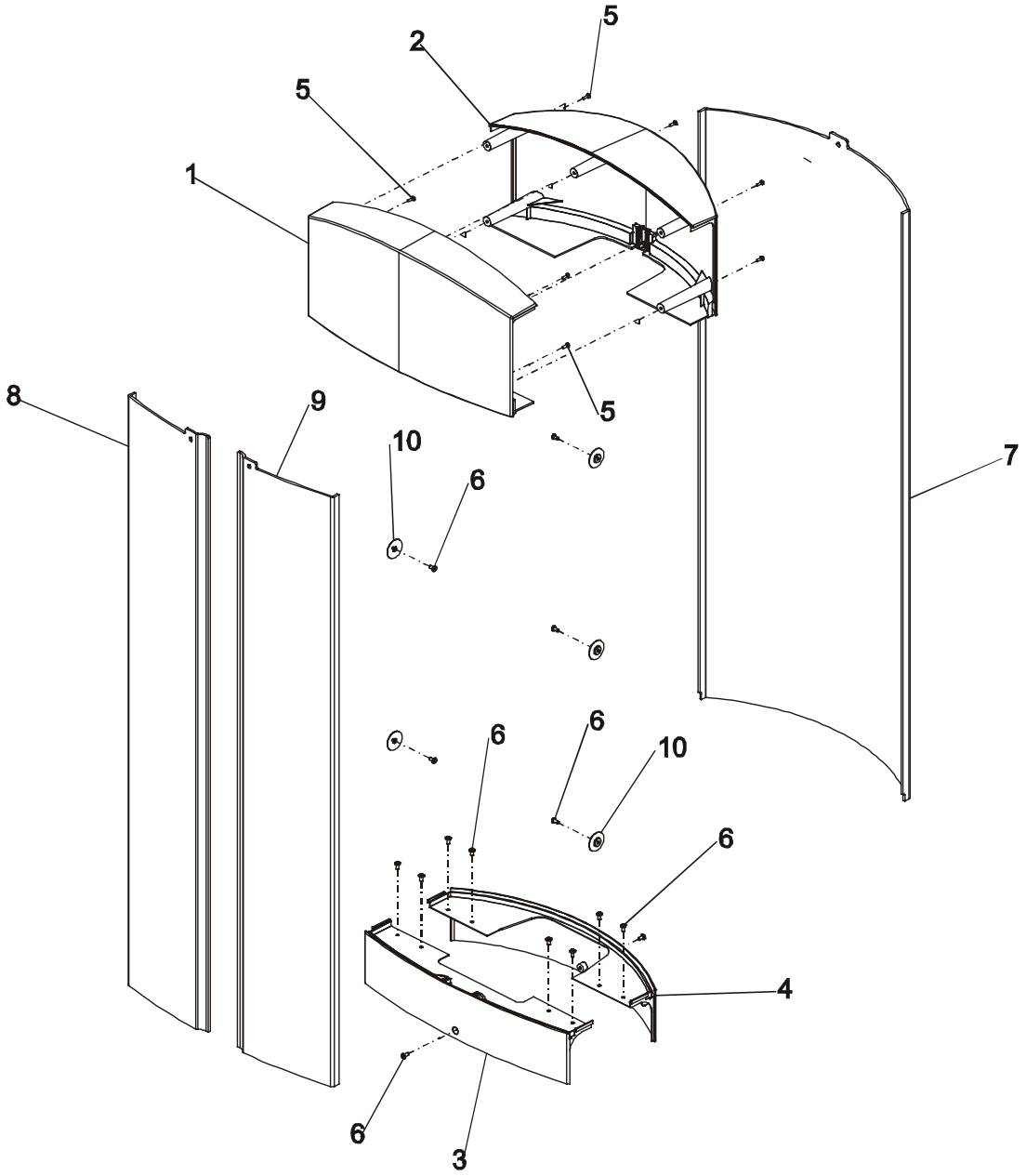
MID TOWER-14



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7420101	ASSY, WEIGHT STACK MID-14
2	2	7326301	CAP, D-TUBE - BOTTOM
3	1	7419801	ASSY, TOWER PLASTICS - MID

FZFLY FLY ASSEMLBY

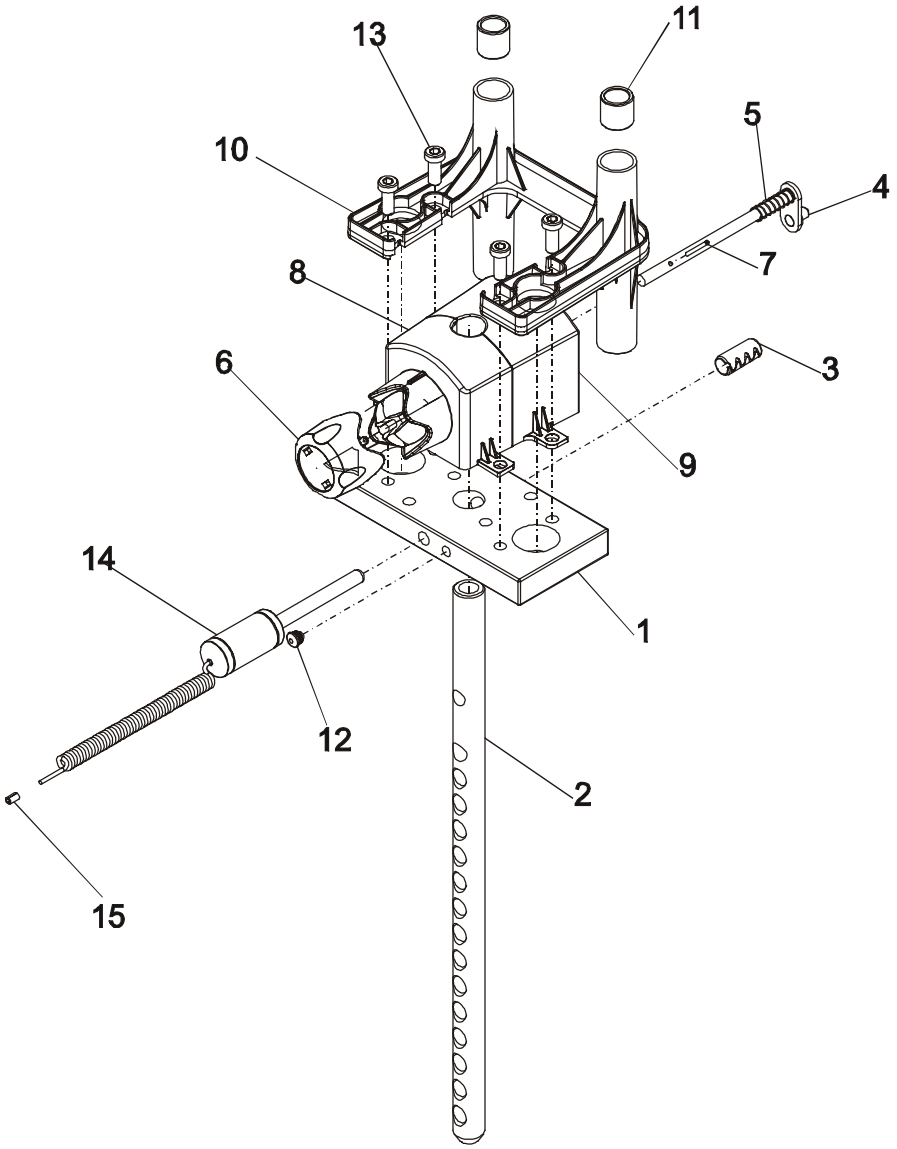
TOWER PLASTICS-MID ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7318601	COVER, TOWER- TOP FRONT
2	1	7318701	COVER, TOWER- TOP REAR
3	1	7318801	COVER, TOWER- BOTTOM FRONT
4	1	7318901	COVER, TOWER- BOTTOM REAR
5	9	3236501	M4 X 0.7 PHL PAN MS ST ZN
6	16	3239101	SCREW, M5X10 PHL PAN TT ST
7	1	7318301	SHROUD, TOWER- REAR SHORT
8	1	7318401	SHROUD, TOWER- FRT SHORT RH
9	1	7318402	SHROUD, TOWER- FRT SHORT LH
10	6	7583501	RETAINER, FZ SHROUD

FZFLY FLY ASSEMBLY

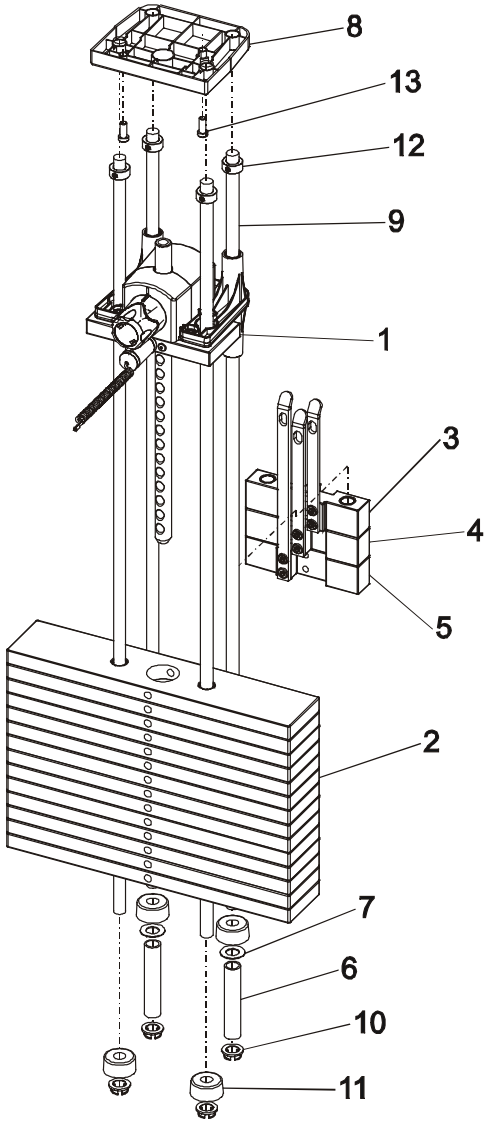
HEAD PLATE ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7326701	HEAD PLATE
2	1	7328901	STEM, 14 PLATE
3	1	3236001	BUSHING, SPRING PIN
4	1	7327201	WLDMT, INCREMENT WT PIN
5	1	6411801	SPRING, POP PIN 3/8 DIA X 2-3/4
6	1	7326101	KNOB, INC WT SELECTOR
7	1	3110008	ROLL PIN, 1/8 X 1-1/4
8	1	7326401	HOUSING, SELECTOR - FRONT
9	1	7326501	HOUSING, SELECTOR - REAR
10	1	7362101	STABILIZER, HEAD PLATE
11	4	7459601	BUSHING, HEAD PLT STABILIZER
12	1	7356501	PLUG, LANYARD ATTACHMENT
13	4	3236202	SCREW, M10 X1.5 25MM
14	1	7338101	ASSY, WT STACK SELECTOR PIN
15	1	7523601	CRIMP, CABLE

FZFLY FLY ASSEMBLY

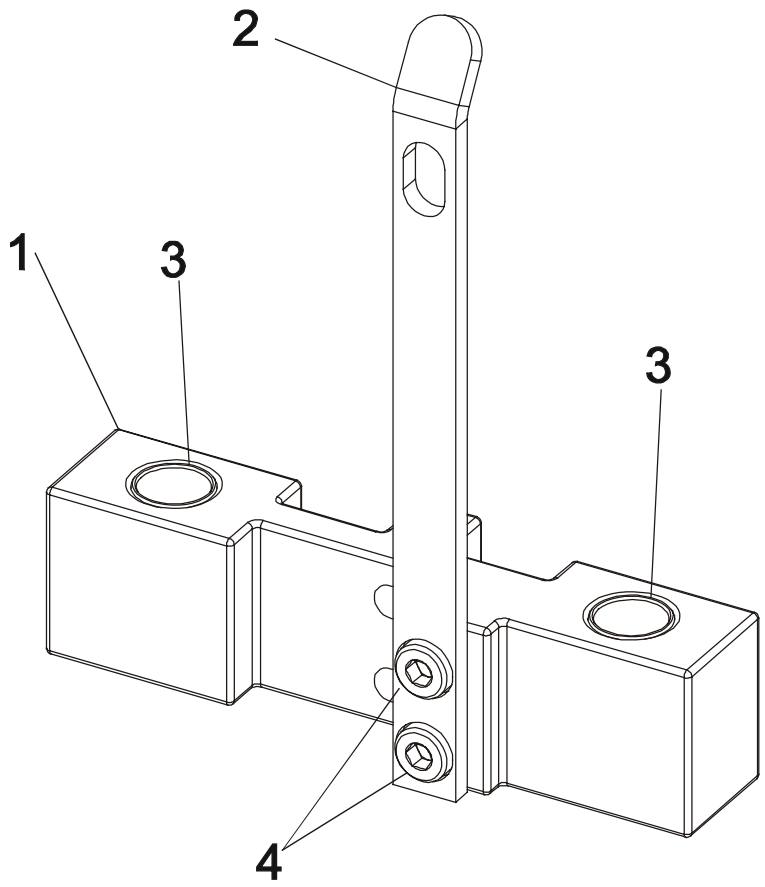
WEIGHT STACK MID 14 ASSEMBLY



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7350701	ASSY, HEAD PLATE (14)
2	14	7328401	WEIGHT PLATE, 20 LB
3	1	7327601	ASSY, INCREMENT WT - 5 LB
4	1	7327701	ASSY, INCREMENT WT - 10 LB
5	1	7327801	ASSY, INCREMENT WT - 15 LB
6	2	7328701	SPACER, INC WT STACK - 14 PLT
7	2	7351001	SPACER, INC WT STACK
8	1	7357501	RETAINER, GUIDE ROD - TOP
9	4	7328602	GUIDE ROD, .75 OD SOLID 53.50
10	4	7337901	BUSHING, GUIDE ROD
11	4	7352101	CUSHION, WEIGHT STACK
12	4	3103301	SHAFT COLLAR, 3/4 I.D. ZINC
13	2	3236202	SCREW, M10 X1.5 25MM

FZFLY FLY ASSEMBLY

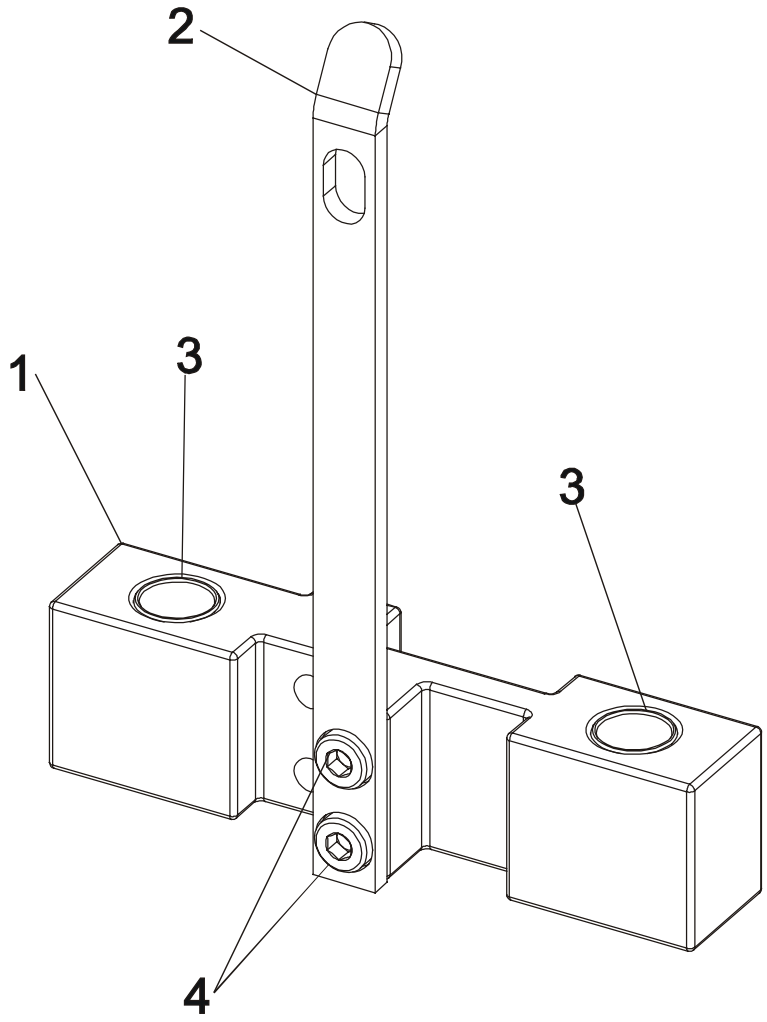
5 LBS INCREMENT WEIGHT



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7327901	INCREMENT WEIGHT, 5 LB
2	1	7328001	BRKT, INCREMENT WT - 5 LB
3	4	3202501	BEARING, SLEEVE 20 ID X 23.00 X 15 MM
4	2	3236202	SCREW, M10 X1.5 25MM

FZFLY FLY ASSEMBLY

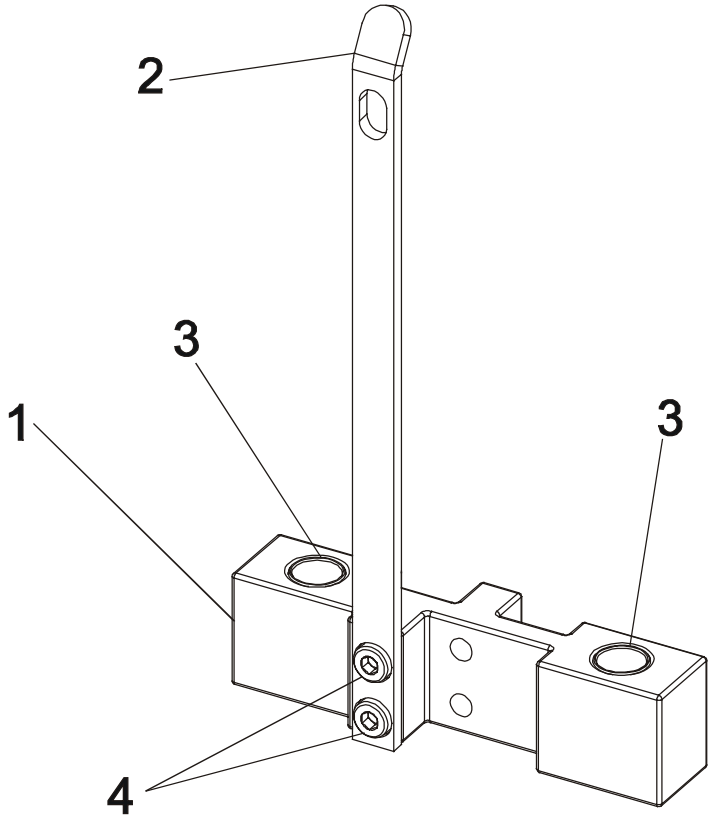
10 LBS INCREMENT WEIGHT



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7327901	INCREMENT WEIGHT, 5 LB
2	1	7328101	BRKT, INCREMENT WT - 10 LB
3	4	3202501	BEARING, SLEEVE 20 ID X 23.00 X 15 MM
4	2	3236202	SCREW, M10 X1.5 25MM

FZFLY FLY ASSEMBLY

15 LBS INCREMENT WEIGHT



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	7327901	INCREMENT WEIGHT, 5 LB
2	1	7328201	BRKT, INCREMENT WT - 15 LB
3	4	3202501	BEARING, SLEEVE 20 ID X 23.00 X 15 MM
4	2	3236202	SCREW, M10 X1.5 25MM